

Title: Interdisciplinary Training in Motivational Interviewing (MI) and SBIRT (Screening, Brief Intervention, Referral to Treatment)

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Background: In spite of extensive medical and social co-morbidities associated with unhealthy levels of alcohol use, recreational drug use, and/or inappropriate use of prescription medications, substance use is often not addressed by health professionals. Lack of confidence and inadequate skill development contribute to this omission in health care.

Aims: Our interdisciplinary training module aims to develop the skills of health professions students and residents in effectively screening for and addressing substance use problems in their adolescent and adult patients.

Methods: The training module includes residents in Family Medicine, Internal Medicine, and Pediatrics, as well as pharmacy students, nurse practitioner students, and dental residents. The module consists for four 2.5 hour sessions which meet once per week during a 4-week residency block. The module emphasizes skill development through practice. The focus of each session is as follows:

Week One: Review of motivational interviewing as an approach to patient behavior, including video examples.

Week Two: Review of Screening, Brief Intervention, and Referral to Treatment (SBIRT) as a recommended approach to universal screening and appropriate treatment of adolescent and adult patients regarding alcohol and drug use. Video examples are utilized.

Week Three: Role play practice of MI and SBIRT with a myriad of cases that contain various co-morbidities.

Week Four: Practice of MI and SBIRT with a trained simulated patient.

Results: Ninety percent of participants (N = 70) report satisfaction with the training. More importantly, nearly 93% of participants reports that the training is useful to them in addressing substance use in their patients.

Conclusion: Health professions students can learn useful MI and SBIRT skills for addressing substance abuse problems in their patients in an interdisciplinary educational module.

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